

Health *counts!*

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UMP cares about your health. We do everything possible to keep care affordable. It's no secret that unhealthy habits are driving up the cost of care for everyone—plans and families alike. This is unfortunate, because many of the health care problems Americans face today are preventable. Read on for some practical tips for getting and staying healthy.



How to Register for Health Counts

1. Go to the UMP home page at www.ump.hca.wa.gov.
2. Click on "My Medical Account" on the left side of the screen.
3. Log into your medical account. If you don't already have an account, select "register now." You'll need to have your UMP I.D. card handy.

Once you're in your online account, you can select the Health Counts program including the eHealth Survey and your personalized scorecard.

After you've completed the survey, click on your scorecard. Your 30 points for taking the survey will be shown on the scorecard. Report your healthy behaviors on the scorecard and it will keep track of your points.

If you don't earn 100 points right away, don't worry! You can return to the scorecard again in the future to report on healthy behavior changes and preventive screenings.

Cancer-Fighting Diet

The best advice? Eat your fruit and vegetables every day!



According to the American Cancer Society, a diet high in fruit and vegetables can help prevent cancer. Antioxidant nutrients in fruit and vegetables appear to protect our bodies from tissue damage associated with increased cancer risk. Cruciferous vegetables (broccoli, cauliflower, kale) contain beneficial chemicals that are thought to reduce the risk of colorectal cancers.

Here are some easy ways to add more fruit and vegetables to your diet:

- If you're organizing meetings at work, skip the cookies. Instead, serve fresh fruit and raw veggies.
- Throw a handful of fruit or veggies on almost anything you eat. Add raspberries or bananas to your breakfast cereal, spinach and peppers to your pizza, sprouts and tomatoes to your sandwich—the possibilities are endless.
- Choose smart snacks. Eating just 5 or 6 of those baby carrots adds another veggie serving to your day.
- Eat a variety of fruit and vegetables—broccoli every day isn't bad, but you might be missing out on other benefits.
- Mix it up with the seasons. From summer berries to winter squash, buy fresh produce in season for peak flavor and value.

Every Bit Counts!

Points for Eating Fruit and Vegetables

If you eat five 1/2 cup servings 5 days a week for at least 6 weeks	10
If you eat five 1/2 cup servings 7 days a week for at least 6 weeks	20



Is It Time for a Health Tune Up?

Most people know when to take a car to the shop for routine oil changes and tune ups. But how often should you take yourself to the doctor for routine preventive exams, screenings, and tests? Here's a guide to help you stay on track.

Routine Preventive Care	How Often?
Physical Examination. Early detection of problems can save your health—and save you money. Annual doctor visits also improve the doctor-patient relationship.	Every 12 months
Cholesterol Test. This simple blood test can save your life. Among other things, high cholesterol increases your risk of heart attack, heart failure, and stroke. Knowing your good cholesterol (HDL), bad cholesterol (LDL), and triglyceride levels helps you and your doctor decide on a course of action—lowering cholesterol levels by using prescription drugs or by making changes to your diet and lifestyle.	Every 5 years <ul style="list-style-type: none"> • Men ages 35-65 • Women ages 45-65 • For men and women over age 65, at physician discretion based on risk factors
Colorectal Screening. Identify treatable colon and rectal cancers early— <i>before</i> you notice symptoms. When diagnosed late, colon and rectal cancers can spread to nearby organs, lymph nodes, or bones.	<ul style="list-style-type: none"> • First colonoscopy at age 50; then every 10 years • To find out whether other types of colorectal screening may be appropriate, talk with your provider about what age to begin and the frequency of the screening.
For Women Only	
Mammogram. A mammogram helps detect breast cancer; tumors are identified when they are small and more treatable. Early detection of breast cancer can save your breast—and your life.	First mammogram at age 40; then every 1 or 2 years
Pap Test (cervical screening). Prevent cervical cancer with regular Pap tests. In general, Pap tests identify cervical cell changes before they become cancerous.	First exam by age 21 or earlier if sexually active; then every 12 months

Remember, covered preventive care screenings are **FREE** when you see a network provider.

Every Bit Counts!

Points for Preventive Care Screenings

If you had an annual preventive care exam in the last 12-month period	10
If you know your LDL cholesterol level	5
For cervical screening (Pap smear) within the last 1 to 3 years, as directed by your physician	10
For a mammogram in the last 1 to 2 years, as directed by your physician	10
For a colonoscopy within the last 10 years, as directed by your physician	10

You Don't Have to be a Marathon Runner

Seven ways to get more exercise into your day

Regular, moderate exercise (such as brisk walking 5 days a week for 30 minutes) can increase your health and lower your risk of certain diseases such as stroke, diabetes, high blood pressure, and some cancers.

1. Grab a coworker and take a quick walk around the block, or go up and down the stairs together—replace your coffee or smoking breaks with fitness breaks.
2. If you take the bus, try getting on (or off) at a stop that is several blocks from your destination.
3. Exercise while watching TV (use hand weights, get on a stationary bicycle, or stretch).
4. Make physical activity a family affair—you'll have fun, get some exercise, and get your family time in too.
5. If your kids are involved in sports or clubs, turn their practice time into your personal exercise time—walk around the meeting facility, help the coach and run with the team, or go to a nearby exercise class or gym.
6. Coordinate play dates with another family; while the kids are playing, take time for yourself and exercise.
7. Keep a pair of comfortable walking or running shoes in your car and at the office to be ready to go anytime.



Every Bit Counts!

Points for Exercising (for at least 6 weeks)

Points for 20 minutes/5 times per week, or 30 minutes/3 times per week	10
Points for 30 minutes/5 times per week, or 40 minutes/3 times per week	20
Points for 40 minutes/5 times per week	30

Help for Tobacco Users



When you're ready to quit, we're here to help. Quitting isn't easy, but studies show that you're 2 to 3 times more likely to quit successfully with help—training, counseling, and medication.

That's why UMP covers the *Free & Clear* tobacco cessation program—in **full**. When you stop using tobacco, you improve your health, save money, and show your loved ones that you value them. Remember, smoking is harmful to you and others, and it's very expensive. It harms nearly every organ in your body and causes many health problems, including cataracts, many types of cancer, chronic lung disease, and coronary heart diseases. Because quitting tobacco is one of the most effective things you can do to improve your health, tobacco users must participate in the *Free & Clear* program to receive the \$30 rebate (in addition to taking the eHealth survey).

Every Bit Counts!

Points for *Free & Clear* Tobacco Cessation

Participate in the <i>Free & Clear</i> tobacco cessation program	70
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Practical tips to get you started

- Visit the *Free & Clear* Web site www.freeclear.com/ump or call **1-866-QUIT4LIFE**.
- Write down your reasons for quitting and keep them with you; refer to your list often to remember why quitting is important to you.
- Review your past attempts to quit; think about what worked and what didn't.
- Plan ahead for temptation. For example, come up with a plan for how to handle social events where other people might be smoking.
- Get support. Tell your family and friends you're quitting and let them help you.

If you're unable to earn Health Counts points because of a medical condition, call us at 1-800-762-6004. We'll work with you to develop another way for you to qualify.

UMP Pays \$30!

But it's not money for nothing . . . you have to earn it. With UMP's Health Counts wellness program, you earn points for healthy behaviors like getting preventive screenings, exercising, and eating right. Once you score 100 points, UMP will mail you a \$30 premium rebate check.

Here's what you need to do to earn your reward:

1. Register for Health Counts
(See page 1 for instructions).
2. Take the e-Health Survey online
(it's required and worth 30 points).
3. Report your healthy behaviors in your
online scorecard.

You'll receive your rebate check about four weeks after you've earned 100 points.

If You're Already Participating...

This newsletter offers practical advice for creating a healthier lifestyle. Plus, it provides simple steps you can take to get closer to your 100-point Health Counts goal. Take a minute to check it out. . . where are **you** towards your goal?

What people are saying about

Health counts!

"Thank you very much for offering this program. It is motivating me to make healthier choices and to improve my habits for my health."

"This is a great tool, great program, and great direction to take. I commend you!"

"The survey has helped me to get enthused to do something about my weight problem. Thanks so very much."